



# NEWSLETTER FOR THE DEL MAR MARINES

<http://www.tmqg.com/~imace>

(760) 725-6017

February 2003



**I MEF  
Augmentation  
Command  
Element (I MACE)**

**3<sup>rd</sup> Civil Affairs  
Group (3<sup>rd</sup> CAG)**

**4<sup>th</sup> Force Service  
Support Group  
(4<sup>th</sup> FSSG West)**

**31<sup>st</sup> CI/HUMINT Co.  
Det. 3**

## 3<sup>rd</sup> Civil Affairs Group

About half the CAG is now mobilized, with yet no date when CAG (-) will be called. Until then we will continue with our scheduled drills and exercises. CAG Det "C" left and arrived safely in country. Gunnery Sergeant Frank Torres has replaced Major Estepp as our Family Readiness Officer as Det "C" mobilized Major Estepp. Mrs. Lucy Tillman continues to support us as our Key Volunteer Network Coordinator.

## Peacetime Wartime Support Team (PWST)

The Peacetime-Wartime Support Team's mission is to take care of the site and the families when the units deploy. Units at the site are I MACE, 3<sup>rd</sup> CAG, 4<sup>th</sup> FSSG (Forward), and Det 3, CI/HUMINT Co. Our job is to help you. Even though our Marines will be attached to other units who will be taking care of them, we know they may not understand reserve issues. So call or email us with your questions and requests for assistance.

**Lieutenant Colonel Janet Raschke 760-725-6018  
PWST OIC  
[raschkeje@mfr.usmc.mil](mailto:raschkeje@mfr.usmc.mil)**

Greetings. I just want to take a minute and welcome you to our Marine Corps family. I am MSgt Ballard and am the Family Readiness Officer for I MACE, 4th FSSG FWD West and the 31ST CI/HUMINT Co. During the many mobilizations, we have provided Family Readiness packets to the Marines, in these packets were information about Tricare, the Key Volunteer Network, Points of Contact at the command, and other key mobilization issues. If you did not receive one please contact me and I will mail one out to you. My mission here is to support you and your family. I can provide information on support services that are available in the military and civilian communities. There is a wide range of agencies, programs, services, and individuals that are available.

Please do not hesitate to call me if you need information. Once again welcome.

Semper Fi

**Master Sergeant Deborah Ballard 760-725-9681  
Family Readiness Officer (FRO)  
[ballarddl@mfr.usmc.mil](mailto:ballarddl@mfr.usmc.mil)**

## Key Volunteer Network (KVN)

### Dependents Daze

Are YOU confused?

As a "reserve" spouse for over 30 years, the details of this particular deployment have created new questions for me.

It would seem that our particular Marines were originally part of I MACE, but have been activated to fill a number of different jobs in active duty units. While I keep in contact with the "family readiness" folks at the MACE, I am receiving communications from a section of the MEF.

Well, LtCol Raschke (a terrific resource who promises to stay here), made it simple for me: The MEF, and other active duty units, will incorporate all the reserves into their family network. But, the MACE is still the home unit and wants to keep the family readiness structure available to focus on the unique issues of reserve families.

As we all try to navigate this "system", I hope we can share information, problems and solutions. We will all be a part of TWO "family readiness" structures, so don't be confused—use all the resources available to you.

Susan Cruz  
[slfcruz@sbcglobal.net](mailto:slfcruz@sbcglobal.net)

## TRICARE – DOD Medical

Even if you plan on continuing your current medical coverage, it is a good idea to still sign up for TRICARE. If you are not already enrolled, either call 888-363-2273 or check their website [www.tricare.osd.mil](http://www.tricare.osd.mil) to find out what is needed.

## TRICARE – Dental

For \$20.35 per month, your family can be covered for dental insurance. General information and a list of benefits can be found at [www.ucci.com](http://www.ucci.com) and you can even enroll on-line.

## Web Site

Our web site is [www.tmqg.com/~imace](http://www.tmqg.com/~imace). It has links for the Marine Corps, Department of Defense, and State and Federal Government. The contact information is being updated but may not be done until February.



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**We would like to communicate with you through e-mail. Please send your e-mail address to Master Sergeant Ballard at [ballarddl@mfr.usmc.mil](mailto:ballarddl@mfr.usmc.mil)**

## **Marine Corps Community Services (MCCS) One Source**

The Marine Corps in partnership with Ceridian Corporation has developed a virtual Family Support Service program. This Employee Assistance Program is available 24 hours a day, 7 days a week regardless where you are located.

MCCS One Source can be accessed via toll-free number or online, and is designed to help Marines and their families manage the competing demands of mission and home. It offers something for everyone – married, single, children, or parents – with simple questions or complex concerns. This service is not just for families in a crises situation, it's for the everyday challenges that life brings.

Users can get information on everything from time management and caring for elderly family members, to buying a car and strengthening relationships, to customized relocation packages. Online users can create their own personal account and receive regular newsletters on topics of interest. All products and material, both standard and customized, are pre-paid by the Marine Corps.

This “24/7” benefit can be accessed by utilizing the following information:

By the internet: [www.mccsonesource.com](http://www.mccsonesource.com)  
User ID: **marines**  
Password: **semper fi**

By telephone: **Toll-free CONUS: 800-433-6868**  
**OCONUS 800-237-42374 (dial all digits)**  
**OCONUS Collect 484-530-5908**  
**TTY/TDD: 800-346-9188**  
**En espanol: 888-732-9020**